Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION
★ NOV 2 1928 ★
U. S. Department of Agriculture

Housekeepers's Chat Release Friday, Nov. 16, 1928.

NOT FOR PUBLICATION

Subject: "Three Squares for the School Boy." Menu, recipes, etc., from Bureau of Home Economics, U. S. D. A. Quotation from article by Hazel K. Stiebeling, Teachers' College, Columbia University, in "Children, The Magazine for Parents."

Bulletin available: "Good Proportions in the Diet."

--ooOoo--

"My idea of a square meal," said the boy who is always "hollow to the toes," at dinner time, "My idea of a square meal," said he, "is something like Baked Beans, and Codfish Balls, and Brown Bread. After a dinner like that, I'm not hungry -- at least, I'm not hungry till breakfast time."

The boy's mother smiled. "We'll have Baked Beans tomorrow," said she. "Baked Beans and Codfish Balls and Brown Bread."

After Joe had left, his mother turned to me. "It's perfectly amazing", said Joe's mother, "the amount of food a 14-year-old boy can tuck away, between sunrise and sundown. But it's fun to cook for him -- he's so flattering, in his praise of good cooking. I try to serve him the right sort of food to keep him in good health. I don't want him to be a grouchy, temperamental invalid by the time he's fifty. They say that the diabetes, dyspepsia, gout, and kidney disorders of late middle life, so prevalent in men, may sometimes be traced to the bad food habits of earlier days. Is that true?"

"Yes," I said. "And very often a boy shows signs of poor nutrition before he reaches maturity. One of the hardest things, for a person untrained in the principles of nutrition, to believe, is that a boy can be <u>under</u>-nourished, when he gets plenty of food to eat. Mothers who see their boys fill themselves almost to the collar bone, are slow to understand how these same boys could be under-nourished. But a wise mother knows that good nutrition depends upon the kind of food, as well as upon the <u>quantity</u>. We must provide the food which will build firm flesh and muscles, enlarge the bone structure, keep the teeth from decaying, and protect the body against certain diseases."

"That's right," said Joe's mother. "I'm thankful for one thing -- that my boy is not finicky. He's extremely fond of all wholesome food. Of course, he'd probably prefer sweets, and highly seasoned food, if I'd allowed him to acquire a taste for them. But I've always tried to give him all he wants, of plain wholesome food, well cooked. And how he does enjoy his meals!"

Joe's mother left me, to put the beans on to soak, while Joe translated his first-year Latin lesson. Reminded me of my own high school days, when I followed

the adventures of one Gaius Julius Caesar, when he "divided all Gaul into three parts."

"Mother thinks I eat an awful lot," said Joe, "but I'm going out for football this winter, and I need a lot. She sure is a good cook, too!" he added.

I thought to myself, that Joe must need a large quantity of food, to supply him with his boundless energy. He needs a great deal more food than do his young brother and sister.

Speaking in terms of calories, a good-sized boy of 14 years requires approximately 3,000 calories, while his 8-year-old brother needs only about 1800, and his five-year-old sister about 1,400. Some one asked me the other day whether milk was necessary in the diet of boys in the teen ages. It certainly is.

"Between the ages 12 and 16," says Miss Stiebeling of Columbia University, "a boy adds two to three inches a year, to his height. This is more than he has added since early childhood, and to cover this lengthened framework with a fine layer of muscle and a desirable amount of fat, means the addition of considerable flesh -- often from six to fifteen pounds a year. He must have a well-balanced diet giving an abundance of calories to furnish the raw material out of which he may construct this body tissue, and to furnish the fuel for enough exercise to grow firm muscles and to develop fine coordination of nerve and muscle.

"Active boys of these ages may need more than their fathers -- in fact many are known to use as many calories as woodcutters working in the lumber camps. This relatively huge amount of food must be given with care, so as to safeguard the digestive tract. If the volume eaten day after day is excessive, the stomach walls may be unduly stretched, with the consequence that gastric troubles may develop in early middle life when the nervous strain begins to tell. On the other hand, foods which are too concentrated may delay the digestive processes."

Milk, at least a pint a day, is particularly valuable for a growing boy. This milk may be served in vegetable and milk soups, in cocoa, bread pudding, and so forth, or it may be taken as a beverage.

The boy in his teens also needs eggs, cooked cereals for breakfast, bread made from whole-grain flour, plenty of fruit, all kinds of vegetables (some of them served raw), a limited quantity of meat, and sweets only at the end of the meal.

Foods which are not desirable for the young child, or for the boy in his teens, are coffee and tea, doughnuts, and other foods cooked in much fat. If he is well-fed at home, he will not want to spend money between meals for chocolate bars, ice cream cones, and "hot dogs," When he comes home from school, "simply starving to death," he should not have access to a pantry filled with rich cakes and pies. A boy hungry enough to need food between meals will enjoy bread and butter, fruit, or a glass of milk. In no case should he be allowed to dull his appetite, so that he does not enjoy his regular meals. It is very important that his needs be supplied, as far as possible, at regular meal hours, that he gets three square meals a day, and that he be encouraged to eat slowly, and chew thoroughly.

This is what I call a square meal for a school boy. Pencils ready to write? O. K., let's go: Baked Beans; Codfish Balls; Stewed Tomatoes and Celery; Steamed Brown Bread; and Baked Apples.

You'll find the directions for Boston Baked Beans on page 14 of the Radio Cookbook; the recipe for Codfish Balls on page 38; Boston Brown Bread on page 50; and Baked Apples on page 11. I don't believe we ever broadcast a meal before, which included so many cookbook recipes. The Menu Specialist says you might garnish the Baked Apples with fresh grated coconut, sprinkled over them just before serving. Then you can give the dessert a flossy name -- "Snow on Vesuvius," or something like that. Suppose it will taste better?

To repeat the menu: Baked Beans; Codfish Balls; Stewed Tomatoes and Celery; Steamed Brown Bread; and Baked Apples.

Monday: "Honey and Its Uses.

#